



Westport Center for Senior Activities

January – February - March 2011

PLEASE READ THIS BEFORE REGISTERING FOR CLASSES

We understand that advanced registration for twelve week sessions may be difficult for some, but it will allow us to determine when a class has sufficient participation to cover the instructors' fees, and it will relieve the instructors from collecting class fees as they have done in the past. In cases where people may not choose or be available to sign up for three months, we will do our best to allow sign up for shorter periods. Our policy will be to first accommodate people who wish to register for the full 12 week session and then accept as many "part-timers" as space allows. **Please note:** Westport residents will receive priority in all classes that have space limitations. Refunds will be granted for up to two weeks prior to the start of any program. A full refund will be granted should the Center need to cancel a program. A credit will be issued should a medical or other extenuating circumstance arise. Scholarships for Westport residents are available by contacting either Susan Pfister at 341-5098 or Sue Lebrija at 341-1071. All requests will be kept confidential. ***Registration for Westport residents will begin on Monday, December 13th, 2010 at 8:30 a.m. You will only be allowed to register for yourself or one household. Numbers will be distributed by the WCSA Staff @ 7:30 a.m. to assure a fair and orderly registration process. Please complete the registration form on the back page to help expedite the registration process. Out of town registration will begin on December 20th at 8:30 a.m.***

Municipal Agent to Visit Center

Sue Lebrija, from the Department of Human Services, will visit the Center on Wed. Jan. 19, Thurs. Feb. 24 and Fri. March 25 to discuss prescription drug assistance, tax relief, housing issues, home care, transportation and any other issue you may be dealing with. All visits will start at 11:00 a.m. Individual appointments can be made ahead of time by calling Sue at 341-1071 or by emailing her at: slebrija@westportct.gov.

Center's Phone Directory

Main Number 203-341-5099 (with answering machine after-hours)
Susan Pfister, Director
203-341-5098
Joan Upchurch, Senior Nutrition Program Coordinator
203-341-5097
Lisa Marriott, Program Specialist
203-341-5096
Janet Suchsland, Secretary
203-341-5095
Benjamin Palmer, Receptionist
203-341-5099

Help us to Go Green and Save Paper!

Please email jsuchsland@westportct.gov to have your name added to our weekly list reminding you of upcoming events at the Center. You may also access the Center's quarterly calendar and monthly menu on the Town's web site at: www.westportct.gov.

Center's Hours:

Monday	8:30 – 4:30 p.m.
Tuesday	8:30 – 4:30 p.m.
Wednesday	8:30 – 4:30 p.m.
Thursday	8:30 – 8:00 p.m.
Friday	8:30 – 4:30 p.m.
Saturday	8:30 – 12:30 p.m.

Creative Arts/Crafts/Socials

January, February, March 2011

Beading, Jewelry and Stained Glass Instruction

Learn how to make necklaces, bracelets and decorative items. Learn about the different types of glass, how to cut, copper foil, solder, frame and grind to create a beautiful finished product.

Instructor: Kyra Avalotis
Friday, Jan 7 – March 25

Time: 10:00 – Noon
12 Classes = \$36.00



Drawing & Watercolor

College professor Tom Scippa will teach the art of drawing and watercolor techniques.

Beginners:

Monday, Jan. 3 – March 28
(no class 1/17 and 2/21)
Time: 10:00 – Noon
11 classes = \$33.00

Intermediate:

Tuesday, Jan. 4 – March 29
Time: 10:00 – Noon
13 classes = \$39.00

Beyond One-Stroke Painting

You'll be using techniques to paint on items we provide. Hand-painted designs will include glass, wood, fabric, metal and canvas. Supplies will be provided.

Instructor: Darraugh Cianfichi
Thursday, Jan. 6 – March 31
Time: 4:30 – 6:30 p.m.
13 classes = \$52.00

Open Portrait Sketching & Painting Workshop

This is a relaxed and fun workshop where we create, learn and support each other.

Facilitator: Vicki Forrest
Wednesday, Jan. 5 – March 30
Time: 9:00 – Noon
Cost: \$5.00 /class

Joy of Painting I

Learning techniques: watercolor, botanicals, acrylic, pastel, pencil and charcoal. Beginners are welcome.

Instructor: Barbara Lawless
Thursday, Jan. 6 – March 31
Time: 10:00 – Noon
13 classes = \$39.00

Joy of Painting II

Learning skills: perspective, composition, negative/positive space, color and values.

Instructor: Barbara Lawless
Thursday, Jan. 6 – March 31
Time: 1:00 – 3:00 p.m.
13 classes = \$39.00

Sculpture Instruction

For beginners & experienced. You'll work in clay exploring techniques and developing individual expression. Clay

pieces will be fired in kiln and either painted or glazed.

Instructor: Tom Scippa
Tuesday, Jan. 4 – March 29
Time: 1:00 – 3:00 p.m.
13 classes = \$39.00

Open Craft Workshop

Jean Handy and company will help you complete any craft or art project you just haven't been able to finish.

Every Wednesday
Time: 1:00 – 3:00 p.m.
Cost: Free!



Exploring Still Life in Different Mediums.

Here's a chance to draw and paint all types of arrangements ranging from anything from florals to classic still life arrangements. Work in a relaxed atmosphere, explore different mediums and learn from demos by the instructor. This class in an informal way to explore different types of techniques from pencil to pastels, from conti-crayons to watercolor!

Instructor: Lisa Arnold
Friday, Jan. 14 – March 25
Time: 1:00 – 3:00 p.m.
11 classes = \$33.00

Creative Arts/Crafts/Socials

January, February, March 2011

Drawing, Sketching, Painting for Everyone

This class will cover the basics as well as more advanced. Projects will range from still lifes, to portraits, detailed renderings, as well as gesture sketches. Because the material will be introduced in its totality--from scratch so to speak--the class is suited both for beginners as well as proficient students who would like to brush up on their skills as well as challenge themselves with new ideas and exercises. The instructor has a one on one intensive approach to class teaching and will make sure that every participant feels comfortable with what they are tackling, the students should bring a paper pad, drawing pencils and a kneaded eraser. The instructor will provide pastels and charcoals as needed.
Instructor: Mercedes Arensberg
Thursday: Jan. 6. - March 31
Time: 5:00 – 7:00 p.m.
13 classes = \$39.00

Open Workshop with Nor

Nor Smitobol is offering to share his wealth of talent and skill with you on any art or craft project that you may need assistance with. Nor will be in the art room every Monday from 1:00 – 3:00 p.m. Bring your project and Nor will assist you and teach you in the process. Nor can help you

frame a picture, repair a broken lamp, teach you calligraphy and much more. There is no charge! (no class 1/17, 2/21)

NEW: Saturday Studio

Come and create using any medium in a fun and relaxed atmosphere. Learn new techniques or perfect your skills. Working on a subject matter of your choice, this is your time to get your creative juices flowing.
Instructor: Chris Goldbach has been teaching at the Silvermine School of Art in New Canaan since 1998. She works with many different types of mediums.

Saturday, Jan. 8 – March 26
(no class 3/5)

Time: 9:30 – Noon

11 classes = \$33.00

Stamping 101

Here is your chance to learn the art of stamping, while you meet new and old friends. Each class is designed to help anyone create (5) eye-catching cards. All materials will be supplied, for you to hand-stamp, embellish (5) all-occasion cards. Its fun and it's easy. **Join us for one class or sign up for all three.** No experience necessary.
Instructor: Joyce Bottone
Date: Wednesday, Jan. 5, Feb. 2, March 2
Time: 9:30 – 11:00 a.m.
Cost: \$5.00 per class/\$15.00 for 3 classes

Limit: 10 persons
Payment and pre-registration required.



Knit One – Nibble One

Come knit a healing shawl for women diagnosed with cancer. These cozy shawls provide a "hug" to women battling this disease.

A tote bag with yarn, size 11 needles, directions and a gift of Nelle's Nibbles is included. Beginners welcome, this is a perfect, all knit 1st project. Knitting instruction available. Experienced crocheters welcome to bring size 13 (N) hook. A good time to relax, knit and nibble!

Instructor: Ellen Lane

Tuesday, Jan. 11 – March 29
(no class 3/22)

Time: 1:00 – 3:00 p.m.

11 classes

\$25.00 Material fee paid to instructor at first class.

GVI/Center Art Mural Project

Each of the unique beautifully painted paintings are being sold by silent auction to benefit the upkeep of the Center's organic garden. Stop by, make a bid and at the end of each month the winner will take home a very special painting created by one of the many talented seniors enrolled in our art classes.

Creative Arts/Crafts/Socials

January, February, March 2011

CHOWDER TO GO!



The 3rd
Annual
Chowdafest

Competition will be visiting the Westport Center for Senior Activities on Saturday, January 15th from 1:00 p.m. to 2:00 p.m. You'll be treated to samples of great soups and chowders from some of the local restaurants participating in the 3rd Annual Chowdafest competition. In order to participate, we're asking that you bring 2 items, either canned or dry goods as your entrance fee. All items will benefit the CT Food Bank which helps feed those in need. The sampling is just a taste or prelude of the actual competition which is being held on "SOUP"er Bowl Sat. Feb. 5th at the Unitarian Church in Westport from 11:30 a.m. to 4:30 p.m.

Great restaurants from all over Fairfield County will be competing for the title of best chowder and soup. Everyone is a judge at this "fun"raiser. Adults pay \$6 (\$5 if they bring can goods) and kids are just \$2. So circle both Sat. 1/15 for the sampling and Sat. 2/5 for the actual Chowdafest competition.

You must pre-register to attend the Saturday, January 15th at the Westport Center for Senior Activities. Please call 203.341.5099 to register.



Saturday Socials

Chef Bob will be creating a wonderful lunch for you all to enjoy, followed by fantastic entertainment!

- February 12

"From the Heart" is back to perform many of your favorite Broadway show tunes!

- March- 12

Bob Lasprogato & "Uptown" Jazz return for an afternoon of musical enjoyment for all!

Time: 12:30 p.m. – 2:30 p.m.

Cost: \$6.00

Pre-registration and payment required.

Thursday Evening

Movie with Supper

Due to the cold winter months and the early darkness, the Center will be showing Thursday Afternoon movies with supper to follow! The movies will be shown on the Center's large screen in the media room. The movie will start at 3:15 p.m. Nutritious



sandwiches, dessert and beverages will be offered at 5:00 p.m.

January 27th -

Mother and Child

Starring Annette Benning and Naomi Watts. A Drama centered on a 50-year old woman, the daughter she gave up for adoption 35 years ago, and a woman looking to adopt a child of her own.

February 24th -

Eat, Pray Love

Liz Gilbert (Julia Roberts) is a modern woman on a quest to marvel at and travel the world while rediscovering and reconnecting with her true inner self.

March 24th -

Wall Street, Money Never Sleeps

As the global economy teeters on the brink of disaster, a young Wall Street trader (Shia LaBeouf) partners with disgraced former Wall Street corporate raider Gordon Gekko (Michael Douglas) on a two-tiered mission: To alert the financial community to the coming doom, and to find out who was responsible for the death of the young trader's mentor.

Cost: \$6.00 per person. Movie only is \$3.00. Pre-registration and payment required.

Culinary

January, February, March 2011

Blue Lemon Chef to Visit

Chef Bryan Malcarney will once again be back at The Center to conduct a cooking demonstration in the kitchen. His menu will feature:

Tomato White Bean Soup with Vegetables, Chicken with Lemon and Dill Sauce, Apple Tart Tartin – Classic French Upside Down Apple Tart.

Date: Thursday, Jan. 13

Time: 5:00 – 7:00 p.m.

Cost: \$25.00/person

Limit: 10 persons

Payment and pre-registration required.

Saturday Cooking Demos are BACK!

Join Katayoun Kamyab as she demonstrates the delightful cooking of her home country. You will taste an array of Persian meals. Sign up for one or all 3!

Saturday, Jan. 15:

Soup: Mung Bean Soup

Ingredients include: mung beans, turmeric, rice, lentils, turnip, chopped coriander leaves, parsley, fresh dill, garlic, chives, chicken broth, and pomegranate juice.

Rice: Jeweled Rice with Chicken.

Saturday, Feb 5:

Dip: Eggplant Dip

Stew: Pomegranate khoresh with chicken and white

Saturday, March 26:

Dip: Yogurt and cucumber

Stew: Eggplant Khoresh with beef and white Rice.

Time: 10:00 a.m. - Noon

Cost: \$6.00 per class

Pre- registration and payment required.

Nutrition Education

Nancy Ferriello, M.S., R.D., CD-N from the Senior Nutrition Program of Catholic Charities will present the following educational program at the Center:

Heart Disease and Nutrition

Here is your chance to understand the critical role food plays in keeping your heart healthy, what foods are vitally important and how you can keep them in balance. Learn to restore good health and reduce heart attack risk by improving cholesterol.

Date: Tuesday, Jan. 25

Time: 1:15 – 1:45 p.m.

Cost: Free!

Chef Jeanne Licurse Returns!

Holistic health expert Jeanne Licurse returns thanks to support from the Friends of the Westport Center for Senior Activities, Jeanne will create the following menus for your tasting.

Thursday, Jan. 20

Sautéed Greens Quiche, Pear and Cranberry Salad, Baked Pears with red wine and cream

Thursday, Feb. 10

Maple Glazed Tofu, Roasted Winter Vegetables, Savory Scones

Thursday, March 10

Rosemary Roast Chicken, Green Beans with Garlic and Ginger, Key Lime Pie

Time: 3:00 – 5:00 p.m.

Cost: \$6.00/class

Limit: 12 persons

Payment and pre-registration required.

Did You Know...

That the Center participates in the Senior Nutrition Program and offers a delicious lunch Monday – Friday for a suggested donation of \$4-6?

Sample menus are as follows:

*London Broil, Whipped Potatoes, Scandinavian Mixed Vegetables, Tossed salad, Sliced Peaches

*Coconut Chicken, Brown Rice, Green Beans, Tomato Salad, Orange

*Fiesta Sole, White Rice, Parslied Cauliflower, Green Bean Salad, Yogurt

A 24-hour advance reservation is required. Please call 203.341.5099 to make a reservation or to cancel a reservation.

Foreign Languages and Games

January, February, March 2011

LANGUAGES

Beg./Adv. Beg. Spanish

These courses provide solid syntax, grammar and vocabulary foundations. No previous experience or recent exposure to the language required for the beginner class. Emphasis will be on developing functional and useful conversational skills.

Instructor: Monica Sosa

Monday, Jan. 3 – March 28

(no class 1/17 and 2/21)

Time: Beginner 11:00–11:30 a.m.

11 classes = \$16.50

Time: Adv. Beg. 11:30 - Noon

11 Classes = \$16.50

Intermediate Spanish

Building on Spanish for beginners, this course goes into more advanced grammar, speech, conversational and writing skills.

Instructor: Monica Sosa

Monday, Jan. 3 – March 28

(no class 1/17 and 2/21)

Time: 10:00 – 11:00 a.m.

11 classes = \$33.00

Beg./Inter. French with Nell Mednick

We will send you on a make-believe trip to France and you will learn to hold a conversation in French from the airport to your hotel, from taking a metro to getting your rental car. We'll discuss the names of French dishes and how to order them. You'll learn how to ask for directions to the cinema and museums.

Wednesday, Jan. 5 – March 30

Time: 1:00 – 2:30 p.m.

13 classes = \$39.00

Conversational French

You'll speak French from the moment you walk into class to the moment you leave. You'll improve your speaking and listening skills.

Instructor: Nell Mednick

Wednesday, Jan. 5 – March 30

Time: 10:30 – Noon

13 classes = \$39.00

Conversational German –

Instructor Nell Mednick will be providing you with current German newspapers that you will read and discuss. A good knowledge of German is required for this class.

Tuesday, Jan. 4 – March 29

Time: 10:00 – 11:30 a.m.

13 classes = \$39.00

GAMES

Recreational Bridge

Date: Every Monday

Time: 10:00 – 11:30

a.m. and from 1:15 – 4:15 p.m.

Cost: Free!

Come and make up your own foursome in the café.

Please note: No instruction is provided.

Bridge Instruction with Lenore

You'll learn the language of bidding, scoring, guidelines for play and hand valuation. Come improve upon your skills and improve your game.

Instructor: Lenore Ehrensaal

Monday, Jan. 3 – March 28

(no class 1/17 and 2/21)

Time: 10:00 – 11:45 a.m.

11 classes = \$33.00



Poker

Come and enjoy the game of poker every Tuesday and Thursday from 9:30 – Noon in the game room. You'll have loads of fun!

Bingo

Come and play different types of Bingo games called by the one and only Dana Johnson. You'll have fun and maybe even go home a winner! Every Thursday from 1:15 – 2:30 p.m. Refreshments will be served.

Mah-Jongg

A game of Chinese origin usually played by four persons with tiles resembling dominoes and bearing various designs. Instructor, Annette Kirban will get you started.

Thursday, Feb. 2, 9, 16, 23, March 2

Time: 1:15 – 3:00 p.m.

5 Classes / Session = \$15.00

Billiards Pool Table

The Center has a beautiful pool table in the game room available for free play on a pre-registered basis. Please call the Center at 341-5099 to reserve your time slot.



Table Tennis

Is set up every Tuesday from 1:30 – 3:00 p.m. on a first come first served basis. Additional times can be arranged as space permits.

Exercise/Dance

January, February, March 2011

Yoga for Total Health

Learn the basics of Kripalu-based Hatha Yoga in a gentle, warm environment.

Instructors: D. O'Hearn, E. Harris
Monday, Wednesday and Friday
Time: 8:45 – 9:45 a.m.

Monday, Jan. 3 – March 28

(no class 1/17, 2/21)

11 classes = \$33.00

Wednesday, Jan. 5 – March 30

13 classes = \$39.00

Friday, Jan. 7 – March 25

12 classes = \$36.00

Self-Awakening Yoga

Learn the Yoga postures integrating breathing and meditation techniques to increase vitality and focus, giving a sense of peace, balance and well-being.

Instructor: Kathy Jaminson
Saturday, Jan. 8 – March 26

Time: 8:45 – 9:45 a.m.

12 classes = \$48.00

Very Gentle Yoga

This healing restorative class will include a floor series of basic supported Yoga postures, breathing techniques and guided meditation to rejuvenate and renew mind, body and spirit.

Instructor: Kathy Jaminson
Saturday, Jan. 8 – March 26

Time: 11:15 a.m. – 12:15 p.m.

12 classes = \$48.00

Core Strength Yoga

Movement and breath work to bring awareness, circulation and strength to the muscles of the deep core, including pelvic floor work.

Instructor: Kathy Jaminson
Saturday, Jan. 8 – March 26

Time: 10:00 – 11:00 a.m.

12 classes = \$48.00

Beginner's Qigong

Energy exercises for strengthening and detoxification healing.



Sounds and movements are performed to help purge negative emotions such as anger, fear, grief, worry and anxiety.

Instructor: Elieth Harris
Monday, Jan. 3 – March 28

(no class 1/17, 2/21)

Time: 10:15 – 11:15 a.m.

11 classes = \$44.00

Pilates

An exercise system focused on improving flexibility and strength for the total body; a series of controlled movements engaging your body and mind.

Instructor: Charlene Erwin
Tuesday, Jan. 4 – March 29

Time: 9:00 – 10:00 a.m.

13 classes = \$52.00

Thursday, Jan. 6 – March 31

Time: 11:00 - Noon

13 Classes = \$52.00

Thurs. (Inter.) Jan. 6 – March 31

Time: 5:00 – 6:00 p.m.

13 classes = \$52.00

Strength Training

Emphasis on hand weights and exercises to stretch and tone muscles and bones.

Instructor: Sandy Adamczyk
Monday, Jan. 3 – March 28th

(no class 1/17, 2/14, 2/21)

Time: 1:00 – 2:00 p.m.

10 classes = \$30.00

Ballroom & Latin Dance

Learn to dance with your peers, build confidence and increase your coordination while developing an understanding of rhythm and timing. No partners required!

Instructor: Nicole Stavola
Tuesday, Jan. 4 – March 29

(no class 2/22)

Time: 1:00 – 2:00 p.m.

12 classes = \$36.00

Aerobic Chair

An exercise routine that develops strength for legs and upper body while providing an aerobic workout. It's fun, too!

Instructor: Ruth Sherman
Tuesday, Jan. 4 – March 29

Time: 9:45 – 10:30 a.m.

11 classes = \$16.50

Thursday, Jan. 6 – March 31

Time: 9:45 – 10:30 a.m.

13 classes = \$19.50

* - Requires physicians approval, fitness intake form and signed release waiver.

Please see front desk for these forms prior to registration.

Dance and Stretch

A dance inspired cardio fitness program that is great for men and women. Learn the basic steps of Merengue, Mambo, Cha Cha, Foxtrot, Waltz and Tango. Enjoy the up-beat rhythms of Latin America music, along with the Big Band era. No partners required. Instructor: Sandy Adamczyk
Wednesday, Jan. 5 – March 30
(no class 2/16)
Time: 1:00 – 2:00 p.m.
12 classes = \$36.00

Parkinson's Fitness Class

Specifically designed for the Parkinson's Support Group participants. The fitness class will meet every Wednesday from 10:00 – 10:45 a.m. with the exception of the 4th Wednesday of the month when the Parkinson's Support Group will meet with Paul Green. Instructor, Ruth Sherman will lead the exercise class through balance, stretch and weight-bearing exercises. Offered free of charge, thanks to a grant received from the State of CT.

Tai Chi

Mari Lewis teaches the Yang method of Tai Chi, a pleasurable and beautiful form of exercise that builds strength, balance and peace of mind.

Wednesday, Jan. 5 – March 30

Time: Beg. 10:30 – 11:30 a.m.

Inter. 11:00 – Noon

13 classes = \$39.00

NEW

Mari will be teaching a reinforcement class open to all beginners and intermediate students to receive corrections and extra practice.

Monday, Jan. 3 – March 28

(no class 1/17, 2/21)

Time: 11:00 – noon

11 classes = \$33.00



Fitness Center *

Classes are held in a fully equipped work-out room in a warm and friendly environment. Certified trainers will assist and guide you during these scheduled classes.

Monday, Jan. 3 – March 28

(no class 1/17, 2/21)

Time: 9:30 – 10:30 or 10:30 – 11:30 a.m.

11 classes = \$33.00

Tuesday, Jan. 4 – March 29

Time: 9:30 – 10:30 or 10:30 – 11:30 a.m.

13 classes = \$39.00

Wednesday, Jan. 5 – March 30

Time: 9:30 – 10:30 or 10:30 – 11:30 a.m.

13 classes = \$39.00

Thursday, Jan. 6 – March 31

Time: 9:30 – 10:30 or 10:30 – 11:30 a.m.

13 classes = \$39.00

Friday, Jan. 7 – March 25

Time: 9:30 – 10:30 or 10:30 – 11:30 a.m.

12 Classes = \$36.00

Open Gym*

To enroll in this program you must have completed at least six weeks of training with a certified trainer in our Fitness Center program. Open gym times: Monday through Friday 8:30 – 9:30 a.m. \$3.00 per session. Tickets are available for purchase at the front desk.

Introduction to Exercise*

Designed for people with Arthritis, Osteoporosis or who have undergone joint replacement surgery. The fundamentals of exercise including stretching, cardiovascular and strength training will be covered. The class is self paced and is for the beginner level participant.

Instructor: Ilene Boyar

Friday, Jan. 7 – March 25

(no class 3/18)

Time: 11:30 – 12:30 p.m.

11 classes = \$44.00

Beg. Strength Training *

Class format includes a cardiovascular warm-up, stretching and a personalized strength training program using exercise equipment, free weights, bars and balls. It is recommended this class be taken twice a week.

Instructor: Ilene Boyar

Monday, Jan. 3 – March 28

(no class 1/17, 2/21)

Time: 3:30 – 4:30 p.m.

11 classes = \$44.00

* - Requires physicians approval, fitness intake form and signed release waiver.

Please see front desk for these forms prior to registration.

Thursday, Jan. 6 – March 31

Time: 4:00 – 5:00 p.m.

13 classes = \$52.00

Saturday, Jan. 8 – March 26

(no class 3/19)

Time: 9:30 – 10:30 a.m.

11 classes = \$44.00

Beyond the Basics *

This class is a continuation of Beginning Strength Training. Each participant will receive a personalized exercise program using machines, free weights, bars and balls, to improve strength and endurance, protect joints, increase bone density and reduce body fat. This class is recommended twice a week.

Prerequisite: Must have completed at least one semester-long fitness class in the fitness center.

Instructors:

Ilene Boyar, CFT, EMT, AFAA;
Marina Dubrovsky, MS, ATC,
CSCS.

Allison Reid, MS, ATC, LAT.

Monday, Jan. 3 – March 28

(no class 1/17, 2/21)

Time: 11:30 – 12:30 p.m.

11 classes = \$44.00

Time: 2:00 – 3:00 p.m.

(no class: 1/17, 2/21)

11 classes = \$44.00

Tuesday, Jan. 4 – March 29

Time: 11:30 – 12:30 p.m.

13 classes = \$52.00

Time: 2:00 – 3:00 p.m.

13 classes = \$52.00

Wednesday, Jan. 5 – March 30

Time: 11:30 – 12:30 p.m.

13 classes = \$52.00

Time: 2:00–3:00 p.m. **or** 3:30–
4:30 p.m.

13 classes = \$52.00

Thursday, Jan. 6 – March 31

Time: 11:30 – 12:30 p.m.

13 classes = \$52.00

Time: 2:00–3:00 p.m. **or** 5:00 –
6:00 p.m.

13 classes = \$52.00

Saturday, Jan. 8 – March 26

(no class 3/19)

Time: 8:30 – 9:30 a.m. **or**

10:30 – 11:30 a.m.

11 classes = \$44.00

Beginner Core Strength *

Focus on strengthening the muscles of your core: abdominal, lower back, hips and pelvis. Improve posture and balance and decrease the risk of lower back pain and muscle injury.

Instructor: Ilene Boyar

Monday/Wednesday

Date: Jan. 3 – March 30

(no class 1/17, 2/21)

Time: 3:00 – 3:30 p.m.

24 classes = \$48.00

Advanced Core Strength*

This class is a continuation of Core Strength. Prerequisite – Must have completed at least one semester-long Beginner Core or Beyond the Basics Strength Training class.

Instructor: Ilene Boyar

Tuesday/Thursday

Date: Jan. 4 – March 31

Time: 3:00 – 3:30 p.m.

26 classes = \$52.00

Balance Class*

This class is designed to help participants improve their balance and stability in order to decrease their risk of falls and injury.

Instructor: Ilene Boyar

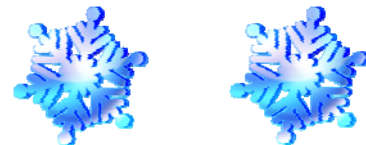
Tuesday/Thursday

Date: Jan. 4 – March 31

Time: 3:30 – 4:00 p.m.

26 classes = \$52.00

Inclement Weather



If the schools are closed due to inclement weather, the Center will be closed too. If the schools are delayed, the Center will open on a regular schedule. Tune into 1350(AM), 1400 (AM), 96.7 (FM), 108 (FM), News 12, Channel 13, www.westportct.gov, or www.westportnow.com. You may also call the Center at 203-341-5099 to get the latest update.

**Center Holiday
Closings**

January 17 – Martin Luther King's
Birthday
February 21 – President's Day

* - Requires physicians approval, fitness intake form and signed release waiver.
Please see front desk for these forms prior to registration.

Lectures/Wellness

January, February, March 2011

Let's Talk

Lisa Schwartz and Anthony Silver, MFT interns from Jewish Family Services will facilitate a discussion group of any subject matter that may be on your mind. Come and express your issues and concerns in a safe and supportive environment.

Date: Tuesday, Jan. 4 – March 29

Time: 1:00 – 2:00 p.m.

Cost: Free!

Westport Public Library

Update: What's New?

A reference librarian from the Westport Public Library will visit and share the “happenings” at the library. Calendars and schedules from the library will be distributed.

Date: Tuesday, Jan. 4, Feb. 1, March 8

Time: 10:30 a.m.

Cost: Free!

Parkinson's Support

Facilitated by Paul Green, this group will share challenges, techniques, support and knowledge. Professional guest speakers are often invited to share their knowledge, too. Family and caregivers are welcome.

Date: Wednesday, Jan. 26, Feb. 23, March 23

Time: 10:00 – Noon

Cost: Free!

Channe Fodeman, LCSW

Channe will be here to facilitate three discussions this semester:

- Monday, Jan. 10
Laughter as a Tool for Beating Winter Blues

- Monday, Feb. 7
Ties That Bind: Your Adult Children

- Monday, March 7
An Attitude for Helping Loneliness

Time 1:15 – 2:30 p.m.

Cost: Free!

Blood Pressure Screening

Visiting Nurse & Hospice of Fairfield County will offer a **free** blood pressure screening on the 4th Tuesday and 2nd Friday of the month from 9:30 – 11:30 a.m.

Dates: Tuesday, Jan. 25, Feb. 22, March, 22

Friday, Jan. 14, Feb. 11, March 11

Smiling Seniors Group

Come enjoy a fun bunch of single seniors! The group will meet on the following Thursdays:

Date: Jan 27, Feb. 24, March 31

Time: 6:30 – 8:00 p.m.

Facilitator: Stacy Enyeart

Free!

Westport Police

Department's Detective

John Rocke to Visit

Detective Rocke will visit on Friday, Jan. 21, Feb. 18, March 18 from 10:00 – 11:00 a.m. to informally chat about police matters, ID theft, scams and to answer any questions or concerns you may have.

Current Events

Facilitator Al Balas leads a dynamic, interactive discussion every Tuesday from 10:30 – 11:45 a.m. on issues throughout the

world and on happenings right here in Westport. Feel free to express your opinion in a safe and respected atmosphere.

Cost: Free!

Just for Men

An informal safe haven for men 60+ years of age to discuss issues related to family, retirement, job loss/change, children, grandchildren and other unlimited topics. Share your feelings and concerns with other men in an atmosphere of respect and confidentiality.

Dates: Thursday, Jan. 13, 27, Feb. 10, 24, March 10, 24

Time: 6:45 – 8:00 p.m.

Cost: Free!

Just for Women

This women's group will be an open forum for discussion. Guest speakers will be invited; occasionally a film relevant to women will be shown.

Facilitator: Mildred Bunche, LPC

Date: Thursday, Jan 6 – March 31

Time: 3:30 – 4:30 p.m.

Cost: Free!

“Magical Moments”

Saturday, Jan. 22

“You're in the Army Now” featuring Bing Crosby, Danny Kaye, Lana Turner and more in scenes from movies with musical military themes.

Saturday, Feb. 26

“That's Dancing” more dancing clips with the experts. TV's “Dancing with the Stars” can't even be mentioned in the same breath with this week's clips!

Saturday, March 19

“Ladies First” clips that concentrate on women and stories about them in song are on today’s agenda. You will see Ann Miller, Rita Hayworth, Judy Garland, Dame Judi Dench and more!

Mr. Byron Matthews, a lecturer from the Lifetime Learners Institute, maintains an extensive, ever-growing library of films and has an impressive knowledge of the movie industry.

Time: 10:30 – Noon

Cost: Free!

American History Lectures

Saturday, Jan. 8

Nostalgia Through the Mail, The Story of the Picture Postcard.

Saturday, Feb. 5

From Boston Harbor to the Virginia Capes, The American Revolution At Sea.

Saturday, March 5

Shamrocks, Shillelaghs and Clay Pipes

Facilitator: Bob Berthelson

Time: 10:30 – Noon

Cost: Free!

Dean Martin Celebrity Roasts.....

Come and see some of the funniest celebrity roasts done to date! Join Dean and the Gang each week as they “roast” an all time favorite star! Some of who you will see are Frank Sinatra, Sammy Davis Jr, Jimmy Stewart, Danny Thomas, Lucille Ball and many many more! The schedule will be located in the activity rack by the café.

Date: Wednesdays, Jan. 5 – March 30

Time: 2:15 – 4:00 p.m.

Cost: Free!

Mind-Body Medicine Lecture/Workshop Series

Be Here Now ...Experience Health, Happiness, Peace and Healing through Meditation

Through lecture, discussion, group support and guided meditation we will explore, cultivate and experience qualities of being leading to inner peace, health, happiness and healing. Learn to be with things as they are with acceptance and compassion and awaken gratitude and joy. The present moment is where life can be found; if you don't arrive there you miss your appointment with life. Come and practice and live the power of now. Let's face the music and dance!

Instructor: Paul Epstein, ND is a Naturopathic Physician, mind-body therapist, mindfulness meditation teacher and speaker specializing in mind-body integrative medicine.

Date: Thursdays, Jan. 27 – March 17

Time: 11:00 – Noon

Cost: Free!

Mindfulness Meditation

“A Practical Way to Improve Your Physical and Emotional Health.”

Mindfulness is a nonjudgmental, supportive way of being, that keeps one’s awareness in the present moment that can be practiced at any time and in any setting. It is an excellent educational tool that minimizes stress, sleep disturbances, headaches, anxiety and high blood pressure. Attend this seminar and open up a new and beneficial way of being.

Facilitator: Mildred Bunche

Dates: Tuesdays, Jan. 4 – March 29

Time: 2:00 – 3:00 p.m.

13 classes = \$39.00

NEW Thursday evening! The Yogic Art of Meditation and Breath: Level 1 Course

Meditation and Breathing techniques are powerful practices for enriching and balancing human life. Both are taught as a systematic process that is easy to understand and follow.

This class will cover the technique of diaphragmatic breathing and application of controlled breathing patterns, the practice of relaxation and the development of steady focus and ‘non reaction’ in meditation.

These skills aim to enhance breathing, reduce stress, increase energy, promote sound sleep, as well as improve moods and clarity of mind.

This class includes gentle stretching to prepare for the practices of Breath and Meditation. The student is not required to sit cross-legged to meditate; chair meditation is offered. A yoga mat and firm blanket is required. A homework practice is given each week.

Please consult your physician if you have any limitations in starting a breathing program.

Instructor: Deborah Swann RYT, is a certified yoga and meditation instructor.

Date: Thursday, Jan 20 – March 10
8 Sessions

Time: 6:30 – 7:45 p.m.

8 classes = \$32.00



Brain Gym

Critical thinking is a skill. Like the acquisition of many other skills, there are three main factors involved in learning critical thinking: theory, practice, and attitude. In this class together we will discuss and practice how to maximize your cognitive potential, decrease impulsivity, improve reasoning, comprehension, organizational and problem solving skills. Facilitator Katayoun Kamyab completed her training in all 3 levels of Instrumental Enrichment in 2006. Since then she has conducted private lessons teaching the techniques of IE, empowering her students in the use of critical thinking skills in their professional and daily life. Date: Fridays, Jan. 7 – March 25 (no class 1/14, 2/25) Time: 10:00 – 11:00 a.m. Cost: Free! Pre-registration required! Class Size Limit: 7

Income Tax Assistance

AARP Tax-Aide was established to help older persons with middle to low-incomes complete their tax returns – a process that can be daunting and costly. Trained volunteers can assist you with both your Federal and State 2009 returns. Counselors will be available every Wednesday starting February 2 – April 13 by appointment only. Please call 203-341-5099 to make an appointment. It is important to bring all of your income expense documents as well as a copy of last year's return with you.

Appointments will run from 9:00 a.m. – 3:00 p.m. each Wednesday.

CT Money School (CMS), Your Money, Your Life Presents: A New Year...A New Plan: A Financial Workshop

This United Way sponsored program provides free financial education seminars:

- Thursday, Feb. 17th – Louis Albanese
- Thursday, Feb. 24th – Shelby Wilson
- Thursday, March 3rd – Michelle Genovesi
- Thursday, March 10th
Roundtable Discussion:
Q&A

This series will address how to assess one's financial situation, making sure your estate plan is in order, understanding the real estate market, values and trends, followed by a panel discussion for questions and answers. Panelists: Louis Albanese, President Catamount Wealth Management, Attorney, Shelby L. Wilson, and Michelle Genovesi, Owner, Michelle & Company Real Estate. Light supper: 5:00 – 5:30 p.m. Program: 5:30 – 7:00 p.m. Cost: Free! Pre-registration required!

Performance Physical Therapy.....

Michelle Orsi, Doctor of Physical Therapy will be joined by others on staff at this facility to share with you 3 topics on exercise and nutrition.

Wednesday, Jan. 12

Preventing Falls and Fractures:
Nutrition to help preserve bone and lean body mass.

Tuesday, Feb. 15

The Latest exercise crazes, what is appropriate, what is not, what

works, what doesn't, bust myths and what are the recommended forms of exercise for the senior citizen population.

Tuesday, March 15

A kick off to golf season. This lecture focuses on the prevention of golf injuries.

Time: 1:15 – 2:15 p.m.

Cost: Free!

The De-Clutter Specialist

This lecture is for everyone, whether you are downsizing or just in need of some organizational help. Elaine Turek, who is a de-cluttering specialist, will share her tips to help you start this process!

Date: Wednesday, Jan. 19

Time: 1:00 – 2:00 p.m.

Cost: Free!

Lectures, discussions and more Visiting Nurse & Hospice of Fairfield County:

**Facilitator: Rev. Karen S. Judd,
LCSW**

Monday, Jan. 3

"January, A New Year and....?" In this workshop participants would have an opportunity to experience a guided meditation, reflect upon the past year, and create a vision and affirmations for the New Year.

Time: 10:00 – 11:00 a.m.

Cost: Free!

Pre-registration required.

**Facilitator: Kristin Carpenter,
LCSW –**

Monday, Feb. 14

The Heart of the Matter: A
Conversation about Sensitive Life
Issues. Join us for a frank discussion on Valentine's Day about when and how to talk with our loved ones about sensitive life issues.

Time: 10:00 – 11:00 a.m.

Cost: Free!

Pre-registration required

Facilitator: Nanette Greene, MA, LPC

Monday, March 14

"Techniques for Coping With Stress" Stress is normal, yet also implicated as a factor in many illnesses. How to handle stress makes all the difference. Learn techniques to relax and achieve balance through life's ups and downs.

Time: 10:00 – 11:00 a.m.

Cost: Free!

Pre-registration required.

Presenter: Art Gottlieb,

LCSW, CSA will be sharing his knowledge on the following subjects in a fascinating presentation each month:

Date: Friday, Jan. 7

US Pacific Fleet submarines in WWII: Following the December 7th attack on Pearl Harbor, US Pacific submarines were the only American force capable of launching a sustained offensive on the Japanese within their own territory.

Date: Friday, Feb. 4

The Pursuit of Battleship

Bismarck: During May of 1941 the brand new German battleship Bismarck and heavy cruiser Prinz Eugen broke out into the Atlantic sea-lanes to wreak havoc with merchant convoys and threaten the very lifeline to Britain.

Date: Friday, March 4

Battle of Jutland: 1916: For two full days in the frigid North Sea off the Danish Peninsula of Jutland, the Royal Navy's Grand Fleet and the Imperial German Navy's High Seas Fleet battled it out in what was to become the

largest and most famous naval battle of World War I.

Time: 10:30 – Noon

Cost: Free!

Pre-registration required.

Jazz Music's Influence on 20th Century Artists.....

Join Westport Art Center's Director of Education, Danielle Ogden for a lecture on jazz music's influence on 20th-century artists. The lecture will focus primarily on painters, including Henri Matisse, Jackson Pollock, Romare Bearden and Jacob Lawrence.

Date: Tuesday, Feb. 8

Time: 1:00 – 2:00 p.m.

Cost: Free!

Pre-registration required.

NEW Hours: Safe Driver's Class – Now 4 hours!

This four-hour course will review trends and safety tips pertinent to older drivers. Please note: You will receive your certificate after completing this one class.

Date: Monday, Jan. 24, Feb. 28, March 28

Time: 12:30 – 4:30 p.m.

Cost: \$12.00 AARP member

\$14.00 non-AARP member

Pre-registration and payment with checks made payable to AARP required.

Plan a visit with Rebecca Jarit and her therapy dogs...

Rebecca will be stopping by the center every other Thursday with her Therapy Sheltie dogs to share them with you.

Rebecca will be in the lobby!

Date: Every other Thursday beginning Jan. 13

Time: 1:00 – 2:00pm

"Live Well"

Live Well: A Chronic Disease Self-Management Program presented by the Westport Weston Health District is a six-week series of two-hour sessions where people with different chronic health problems attend the program together. Live Well is also helpful for people caring for people with chronic conditions. Sessions are highly participative, where mutual support and success guides the participant's confidence in their ability to manage their health and maintain active and fulfilling lives. Subjects covered include: techniques to deal with problems such as frustration, fatigue, and pain; appropriate exercise for maintaining and improving, strength, flexibility and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals, nutrition; and making informed decisions.

Facilitators: Terry Giegengack, MA Counseling, Assistant Director, Client Services, Westport Dept. of Human Services and Monica Wheeler, RN, Community Health Director, WWHD

Dates: Mondays, Jan. 24

Introduction from 1:00 – 2:00 p.m.

Following 6 Mondays, Jan. 31 –

March 14 (no class Feb. 2/21)

Time: 1:00 – 4:00 p.m.

Cost: Free!

Pre-registration required.

Weather Myths and Mysteries

Red Sky at night, sailors delight. Red Sky in morning sailors take warning – truth or fiction? Art Horn returns to the Center to examine weather folklore in this very entertaining and educational program.

Date: Wednesday, Jan. 26

Time: 1:00 – 2:00 p.m.

Cost: Free!

Pre-registration required.

Get Coupon Savvy and Save!

Tired of seeing your expenses climb higher every month? Learn how to significantly cut costs on your grocery, personal care, and household items. You will walk away with the strategies and resources needed to “coupon” your way to real savings. Discover why Wall Street Journal columnist Brett Arends wrote that coupons are “back in fashion, with good reason. An hour spent cutting and clipping can yield \$100’s in savings. Time well spent.”

Lori Gazerro describes herself as a self-taught "couponer" who began seriously trying to cut down on my household expenses 3 years ago. Since that time I have been able to reduce my monthly grocery bill by at least half. I am a native Westporter and have to feed and clothe a family of 5!

Date: Saturday, Jan. 29
Time: 10:00 – Noon
Cost: Free!
Pre -registration required.

Dr. Adam Propper returns to the Center

Join Dr. Propper, who is a National Wellness Consultant, Board Certified Doctor of Chiropractic and has received Post Graduate education in the field of anti-aging, arthritis, Pain Management among others, for his Health and Wellness Series of talks, he will be sharing important health information with you at each session.

Date: Tuesday, Jan. 11
New Solutions to Eliminate Pain

Date: Tuesday, Feb. 1
Natural Solutions to Hiatal Hernia, Gastrointestinal Reflux Disease (GERD), Colitis and other Digestive Disorders

Date: Tuesday, March 8
Natural Solutions to Carpel Tunnel Syndrome

Time: 1:00 – 2:00 p.m.
Cost: Free!
Pre-registration required.

Art Today, the Contemporary Scene in NYC

This 4 session lecture series will introduce the origins of post-modernism, the evolution of it, and the reason why artwork today, looks the way it looks and breaks away from tradition of centuries.

We will take a close look at the artists and art theories, art galleries, art schools which shape the new cutting edge, controversial, art of the last few decades up until today.

Facilitator: Mercedes Arensburg
Date: Friday’s Jan, 28, Feb. 4, Feb. 11, Feb.18
Time: 10:00 – Noon
Cost: Free!

Introduction to Angel Flight

Angel Flight Northeast is a 501(C)3 non-profit organization honored to serve the courageous men, women, children and their families who have an incredible will to live. The volunteer pilots fly free of charge to those who turn to the agency for help in getting to hospitals to receive much needed medical care. Since May 1996 they have flown over 38,000 missions and have flown over 8 million miles, all with a mission to

serve those in need. Join Westport pilot Todd Freeman as he shares his experiences and very touching stories with you.

Date: Tuesday, March 1
Time: 1:00 – 2:00 p.m.
Cost: Free!
Pre-registration required.

Meditation and Breath Lecture

Meditation is a powerful practice for enriching and balancing human life, as a technique of training the mind to reveal an inner state of awareness, peace and stability.

We will address the major meditative techniques and the role that breath practice plays on our journey inward. Together these practices have the power to train the mind to direct energy as a positive force to enhance your life, relationships and health. A short meditation will be included in this lecture.

Instructor: Deborah Swann RYT, is a certified yoga and meditation instructor.

Date: Friday, Jan 14
Time: 10:00 – 11:00 a.m.
Cost: Free!
Pre-registration required.

Gustav Klimt- Decorative and Decadent; Exploring His Works.

Let's enjoy the dazzling array of paintings this artist produced! This lecture will cover the artist's life as well as the design and amazing decorative qualities in his work. Gustav Klimt's dazzling use of color, his use of design and composition as well as the subjects of his sometimes most controversial works will be discussed. His paintings are still a dominant and commanding force in the art world today; let's find out why.

Lecturer: Lisa Arnold
Date: Wednesday, Feb. 9
Time: 11:00 – Noon
Cost: Free!

Honor The Journey: A Memoir Workshop Series

Discover how rewarding and simple it can be to preserve your own or a loved one's personal history. Imagine if you had never known what your parent's and grandparent's life was like.

Join facilitator Alix Bacher, personal historian, as she demonstrates the various forms that a memoir project can take, and guides participants through the initial stages of preparing a memoir. Take a deep breath and get ready for laughter, tears and remembering....

Monday, March 7:

An introduction to personal history and memoir. This hour is an overview and explanation of the variety of formats now available for preserving a personal history in video, audio and print. We will review samples in each format. We'll discuss what to include and what to omit.

Technology has given us brilliant and accessible ways to organize, with relative ease. We'll include a look at some recommended reading to inspire your own recollections, and discuss the concept of memoir; how is it defined? The session will conclude with a memory trigger writing exercise and an assignment to bring a piece of memorabilia to the next session.

Wednesday, March 9:

Dive deeper into your memories in this session. We will use

several tools to help develop an outline for your project, and explore which format is the best fit for your material and your own personal style. Are you a writer, a talker, or an artist?

Friday, March 11:

Where will you take it now? Do you want to make a video that will engage this computer generation and their children? Or would you prefer to record your voice telling your story without appearing in it? Would a slide show of your memorable photos be an effective way to illustrate your story? Who is your audience?

This final session will provide the concrete next steps necessary for taking off and soaring into actualizing your chosen project. Support and feedback will be offered to help you move forward with your concept and see how easy it is to make it a reality for yourself and your family.

Time: 10:00 – 11:00 a.m.

Cost: Free!

Pre-registration required.

Time to get your Garden Started.....

Reading between the lines in catalogues and making the garden on paper, plants to buy and seeds to start are just a few of the things that Diana Ringelheim, UConn Advanced Master Gardener, will be addressing in this informative and timely program. We will share our experiences and have plenty of time for questions and comments.

Date: Wednesday, March 16

Time: 11:00 – Noon

Cost: Free!

Pre-registration required.

Hearing Screenings



David Ogilvy, BC-HIS visits the Center on the 2nd Wednesday of every month by appointment only. David will do a full hearing screening, check the batteries in your hearing aid and/or check your ears for wax. To make an appointment for any of these services, kindly contact the Center at 203.341.5099.



Holiday Gift Certificates....

Looking for something to give or receive for the holidays? Look no further than the Westport Center for Senior Activities Holiday Gift Certificates!

Purchase a gift certificate for someone special in any denomination which can be used to register for all future programs at the Center. The Center accepts cash or checks only.

Please call 203-341-5099 or stop by the front desk for additional information.

*Happy
Holidays!*



Westport Center for Senior Activities Calendars for Sale!

Come take a look at these memorable pictures in the Center's first of its kind calendar. On sale for \$12.00 each at the front desk.

Enjoying Your Computer

Westport Center for Senior Activities

January, February, March 2011

There are many places to take computer classes – online, local libraries, adult education and at local colleges. At the Westport Center for Senior Activities, we offer classes that are suitably paced to meet your needs with patient and knowledgeable instructors. To provide an optimal learning experience, classes have limited enrollment with reasonable rates. At the Westport Center for Senior Activities, you'll receive personalized attention that won't be found elsewhere.

Computers 101

For those of you who are intimidated by the word "technology," this is *your* class! Make a new year's resolution that you can keep: mastering the computer. Our patient instructor will have you increase your comfort level and knowledge.

Learn how to turn it on, use the mouse, and keyboard basics. Other skills learned include email, word processing, and the internet.

Dates: 1/11, 1/13 1 – 4 pm

1/18 1 – 3 pm

Cost: \$45.00

Organizing Your Digital Life

Many baby boomers have a lot of "stuff" on their computers (music, images, documents, etc.) that need to be organized. In addition, learn what else can be easily stored (photos, music CDs) and what's time consuming (scanning documents or images). Mostly a hands-on class, obtain useful tips regarding what's worth the effort. *Basic PC skills (mouse/keyboard) are useful.*

Date: 2/7 1 – 4 pm

Cost: \$25.00

Email basics

Learn the basics of sending a message, attachments, and more!

Date: 2/9 10 – noon

Cost: \$25.00

Internet/Web Classes

Learn about the Internet/Email with our informative and entertaining classes.

Introduction to the Internet

Learn the basics visiting websites ranging from shopping, finances, and genealogy to health issues.

Dates: 1/12, 1/19, 1/26

Time: 1:30 – 3:30 p.m.

OR

Dates: 3/7, 3/14, 3/21

Time: 10:00 - Noon

Cost: \$45.00

Seek and Ye Shall Find:

Searching the Internet

Learn how to get the most out of the internet showing key websites, shortcuts, favorites, etc.

Dates: 2/23, 2/28

Time: 10:00 - Noon

Cost: \$25.00

Google and Beyond!

If you've used Google, discover its many features (maps, news, local services) in this educational and fun-filled class. Have a basic knowledge of the keyboard and Internet. In addition, you'll discover other search engines that you'll find equally useful.

Date: 2/2 1 – 4 pm

Cost: \$25.00

Brain Aerobics!

Keeping your brain sharp helps physical and mental health. Although we no longer possess the bloom of youth, we can improve our intellectual skills!

Date: 3/16 1 – 3 pm

Cost: \$25.00

Facebook, Twitter, etc. (oh my!)

Do the terms Facebook, Myspace, Twitter, LinkedIn confuse you? Are you trying to understand what your friends, grandchildren are up to? Learn how to connect with friends (new and old!)

Date: 3/28 1 – 4 pm

Cost: \$25.00

Excel

Allows you to budget, create lists, and automate calculations. Learn how to chart information and other useful functions. Keep your finances organized!

Dates: 3/16, 3/23 9 - noon

Cost: \$45.00

Word – Just The Basics

This single session class will introduce you to the basics of Word. Learn how to do margins, format text, double space, print, and more.

Date: 3/23 1 - 4 pm

Cost: \$25.00

Mac or PC?

The skills taught in our classes can be used on a Mac.

Intro to eBay

eBay is a great source to sell and buy!



This class will demonstrate both. The instructor will show you how to seek out merchandise, determine seller's reputation and bid successfully.

Users will learn the steps in setting up an account.

Date: 2/9 1 – 4 pm
Cost: \$25.00

Laptop/Netbook Basics

If you got one for the holidays, become more familiar with it. Discover what it comes with plus learn how to connect to a wireless internet connection, recharge, proper storage, etc. Bring your laptop and power cord to class!

This class is designed for those with PCs. The instructor is not familiar with Apple.

Date: 1/14 10 – 1 pm
Cost: \$25.00

Technology Boot Camp

This class is designed for those who know the basics of their PC. Students must know the mouse and the keyboard.

Polish up and/or learn new skills with Word (word processing), Excel (numbers and formulas), and keep your files organized. Students will obtain a basic review / refresher on all these topics. Bring questions!

Dates: 1/24, 1/31 1 – 4 pm
Cost: \$45.00

Our affordable classes have skilled, patient instructors. Learning experience is pleasurable. Some classes have prerequisites. Handouts are included with each class. Questions? Call 341-5099

Photography

These classes will help you to take better vacation pictures but to also improve them once they've been taken!

Introduction to Digital Photography

This class is for those who possess a digital camera. Each camera's features will be discussed generically.

Instructor works individually with you to demonstrate the basic functions on your camera. Learn basic retouching and cropping techniques on the computer.

Bring:

- Camera with fully charged batteries
- Cables belonging to the camera
- Storage media (memory card)
- Camera manual

Dates: 2/16, 2/23 1 – 4 pm
Cost: \$45.00

Working with Scanners

Scan a picture and convert it digitally so that it can be retouched, emailed or stored.

Basics of retouching and improvement (with Photoshop Elements) will be demonstrated. Bring 12-15 photos to class.

Date: 2/18 10 – 1 pm
Cost: \$25.00

Perfect Your Photos

Making your pictures look better is not a difficult process.

Students will learn the basics of taking digital pictures and improving them with better contrast, removing red eye, cropping, and more vibrant colors. In addition, you'll learn many artistic effects.

You'll discover shortcuts with Photoshop Elements in this class to restore old, damaged photos as well as improve that photo taken last week.

Experience with the mouse is necessary. Optional: bring a flash drive to class if you wish to take your work home. (3 sessions)

Dates: 2/28, 3/7, 3/14 1 – 4 pm
Cost: \$45.00

Improving your Digital Photography Skills

This class is for those who are experienced with their digital cameras. In this session, learn how to further develop your photography skills. Bring in photos (prints, on CD, or in your camera) to receive honest yet friendly feedback on your photos.

Time permitting, students will learn some photo retouching techniques with Photoshop Elements.

Bring:

- Camera with fully charged batteries and cable
- Photos (CD, disc, or flash drive)

Dates: 3/30 1 – 4 pm
Cost: \$25.00

Computer Clinic – FREE!

Why can't I download that file? This weekly drop in class will assist you with computer dilemmas.

Instructor: Andree Brooks
Fridays, 3:00 – 4:00 pm

Fridays with Frank!

Make an appointment with Frank to have personalized training on almost any PC topic Limit: 2 times per month.

Call 341-5099 to schedule.
Price: \$3/appointment.

The Westport Center for Senior Activities

Registration Worksheet

1st Quarter 2011

Westport Residents: Registration Starts Monday, December 13th at 8:30 a.m.

Out-of-Town: Registration Starts Monday, Dec. 20th at 8:30 a.m.

In a joint effort to expedite the registration process for both senior registrants and The Center's staff, we ask that you please complete this form prior to approaching the front desk to register. Classes will be filled on a first come first served basis, with Westport residents getting priority.

The line and waiting time for registration at the start of a new quarter has grown longer, as both our class offerings and number of registrants increase each semester. Completion of this worksheet will result in less waiting time for you and your fellow seniors and a smoother process for all. Should you require clarification about any registration issues, please feel free to call us prior to the start of open registration at 203-341-5099.

Registration fees will be accepted via cash or check. If you are registering for more than one class and paying by check, one check may be written for the sum of the registration fees. Checks written in advance may be made payable to WCSA or they may be stamped at the front desk.

<u>Class</u>	<u>Day(s)</u>	<u>Time(s)</u>	<u>Instructor</u> (if available)	<u>Fee</u>
				\$
TOTAL PAYMENT DUE.....				\$

Name: _____ Phone #: _____

Westport Resident? ____ Yes ____ No

If you would like to receive an email of weekly upcoming Center events and you are not already on our list, please provide your email address below:

Thank You for your assistance in expediting the registration process!

We wish you all an enjoyable and fulfilling semester of classes, lectures and workshops.